

ABSTRACT

BACKGROUND AND OBJECTIVES

Necrotizing enterocolitis(NEC) is a common emergency condition of preterm babies. It has got a potential to cause significant mortality and morbidity. There are many preventive strategies for NEC. one among them is administration of oral probiotics. The aim of the study is to prove that use of oral probiotics can significantly reduce the incidence of NEC among the preterm babies

METHODS

The study design was a prospective randomized control trial. Only babies <34weeks of gestation were included in the study. The selected sample of babies were randomly divided into two groups viz, the test and the study group. Babies in the test group were fed with Darolac 0.5g/day (Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, and Saccharomyces boluardi) with breast milk twice daily till they reach full feeds. Babies in the control group were fed with breast milk alone. The two groups were compared for the incidence of NEC.

RESULTS

Sample size was limited to 200 babies. They were randomized as control and test groups with 100 each. It was found that the incidence of NEC was lower in the test group(3 of 100 vs. 11 of 100). The results were statistically significant. There was 3 case in stage 2 NEC and 1 case of severe stage 3 NEC in control group

CONCLUSION

Prophylactic probiotic has a beneficial role in prevention of necrotising enterocolitis in premature low birth weight babies.

Keywords : preterm, NEC, probiotic